Shinagawa
Disaster Prevention Handbook

Let’s get prepared for a disaster.
To prepare for a disaster, it is important to specifically imagine the possible damage. If an earthquake that directly hits the Tokyo area occurs, how much damage can it cause in the city? What if an earthquake occurs in Shinagawa City?

**Estimation of damage in Shinagawa City**

**Casualties**

- **People killed:** 779  
  [Causes]  
  Fire (520), damage to buildings caused by shaking (252), collapse of steep slope (5), brick walls, etc. (1)

- **People injured:** 8,016  
  *Seriously injured among them: 1,376*  
  [Causes]  
  Damage to buildings caused by shaking (5,642), fire (2,337), brick walls (28), collapse of steep slope (6), outdoor falling objects (3)

**Physical damage**

- **Physical damage:** 25,376  
  [Causes]  
  Fire: 20,095  
  Shaking: 5,281

Based on “Estimated damage caused by an earthquake that directly hits the Tokyo area (published by Tokyo Metropolis in April 2012)”  
(Assumed conditions: magnitude 7.3, epicenter: the north of Tokyo Bay, at 18:00 in winter, wind speed 8 m/sec.)

* The estimates based on the assumptions were calculated to be as follows: Casualties: the population at night – 365,302, during the day – 505,034; damaged buildings: number of buildings (made of wood) – 51,286, number of buildings (not made of wood) – 25,015.
To prepare for a disaster, it is important to specifically imagine the possible damage. If an earthquake that directly hits the Tokyo area occurs, how much damage can it cause in the city?

**Estimation of damage in Shinagawa City**

**Physical damage**
- Fire: 20,095
- Shaking: 5,281

**Casualties**
- People killed: 779
  - Fire (520), damage to buildings caused by shaking (252), collapse of steep slope (5), brick walls, etc. (1)
- People injured: 8,016
  - Damage to buildings caused by shaking (5,642), fire (2,337), brick walls (28), collapse of steep slope (6), outdoor falling objects (3)

**Other damage**
- People stranded with no way home: 179,084
- Evacuees: 184,510
- People living in refuge: 119,932
- Elevators with people trapped inside: 370

---

**Damage to utilities**
- Water supply (water outage): 46.2%
- Sewerage service (damage to pipes): 28.7%
- Gas (outage): 16.1-100%
- Electricity (blackout): 47.4%
- Communication (disconnected): 35%

**Other damage**
- People stranded with no way home: 179,084
- Evacuees: 184,510
- People living in refuge: 119,932
- Elevators with people trapped inside: 370

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* The figures were rounded off to the closest whole number, so the figures do not add up.
*1 Those stranded with no way home do not include the people living outside the Tokyo metropolitan area.
*2 Those living in refuge are 65% of the evacuees.
What is important is to protect your life and to help each other.

Self-help, cooperation, and public assistance are important for the disaster measures. To be always prepared for a disaster, you should be aware of “self-help” (protecting own life) and build a system of “cooperation” (neighbors help each other) based on “public assistance” of the administrative institutions.

Efforts and duties in Shinagawa city, disaster measures and basic regulations

**Efforts of residents**
* Be always prepared for a disaster voluntarily.
* Secure your and your family’s safety at the time of disaster.
* You, neighbors, and the people in the community help one another to secure everyone’s safety.

**Efforts of residents’ disaster prevention organizations**
* Conduct disaster prevention drills regularly to maintain and improve the organization.
* At the time of disaster, cooperate with business entities and carry out first-aid activities in the community.
What is important is to protect your life and to help each other.

Self-help, cooperation, and public assistance are important for the disaster measures.

To be always prepared for a disaster, you should be aware of "self-help" (protecting own life) and build a system of "cooperation" (neighbors help each other) based on "public assistance" of the administrative institutions.

Efforts of residents
- Be always prepared for a disaster voluntarily.
- Secure your and your family’s safety at the time of disaster.
- You, neighbors, and the people in the community help one another.

Efforts of business entities
- Secure the safety of managed facilities and equipment.
- Secure the safety of employees and visitors.
- Try to cooperate with the residents’ disaster prevention organizations and carry out first-aid activities in the community.

Efforts of residents’ disaster prevention organizations
- Conduct disaster prevention drills regularly to maintain and improve the organization.
- At the time of disaster, cooperate with business entities and carry out first-aid activities in the community.

Responsibilities of Shinagawa city
- Implement disaster measures precisely and smoothly and improve the prevention system.
- Always cooperate with the disaster prevention-related institutions and other local public bodies.
- Try to establish a cooperative system with the residents, residents’ disaster prevention organizations, business entities, volunteers, etc.

Public assistance
- The administrative institutions carry out rescue and support activities.
What if an earthquake occurs in Shinagawa city?

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Jijo-kun, a mascot character of the Disaster Prevention Section of Shinagawa City
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There’s an earthquake! What should you do?
There's an earthquake!

1. Severe tremor
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2. Fire
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If you feel severe shaking or Earthquake Early Warning (EEW) is issued, you need to protect yourself first. When the shaking has subsided, calmly check on the status of your family members and neighborhood and evacuate if necessary.
If you feel severe shaking or Earthquake Early Warning (EEW) is issued, you need to protect yourself first. When the shaking has subsided, calmly check on the status of your family members and neighborhood and evacuate if necessary.

When the shaking has subsided

1. Secure your safety
2. Check the surrounding conditions
3. You and your neighbors help one another
Severe tremor

When it is shaking

1 Protect yourself

While it is shaking, protect yourself first. If you are not safe, you cannot save your family members.

Basic

- Wherever you are, the most important thing is to protect yourself.
- Wait in a safe place until the shaking subsides.
- Act calmly without panic.

When you are in your house (indoors)

- Move to a place such as under a desk where nothing could fall off or down, or move to.
- Cover your head with a nearby item such as a cushion.

When you are sleeping

- Cover your head with a pillow or comforter.
- When the shaking subsides, put on slippers to prevent your feet from getting hurt.
When you are outdoors

- Check over your head and protect your head with your bag from falling billboards or glass.
- Move away from any building, standing billboards, vending machines, or brick walls.

When you are in a store or building

- Get near a large pillar or wall and protect your head with your bag.
- Check for safety and stay where you are.
- Follow the instructions of the staff.

When you are in an elevator

- Press all the buttons and exit at the floor where the elevator stops.
- If you are trapped, press the emergency button.

When you are in a train or subway

- Firmly hold onto a hanging strap or hand grip and prepare for an emergency brake.
- Listen to the announcement and follow the instructions of the crew.
- Don’t panic during evacuation, which may cause a stampede.

POINT
You may be afraid, but underground areas are said to be safer than the ground. Act calmly.

When you are driving a car

- Avoid the intersection and stop your car at the left side of the road. Collect information from the radio.
- Don’t keep driving because your car may interfere with emergency vehicles.
- If you evacuate, leave your car unlocked with the key in it so that the police can move your car. Leave contact information in the car, take valuables and car registration, and leave the car.
2 Secure your safety

Even if the shaking has subsided, another severe tremor may occur. Secure your safety while being wary of fires or being trapped.

- Don’t move blindly.
- When moving, safety should be the first priority.

Check the fire source/First-aid fire fighting

To prevent a fire, check any fire source and turn off the main gas valve. If a fire occurs, extinguish it while it is still small. If you feel danger, evacuate immediately.

- Yell out “Fire!” to alarm the surrounding people.
- Dial 119 and report the place and condition of the fire and your name.
- Extinguish the fire while it is still small with a fire extinguisher.
- If the flames reach the ceiling or you feel danger, evacuate without hesitation.

Secure the exit

If the shaking of an earthquake deforms a building, you may not be able to open windows or doors. Secure an escape route just in case of emergency right after the earthquake.

Check the surrounding conditions

Check the surroundings and see if you need evacuation or rescue.

- Check whether your family members or people in the surroundings are hurt.
- Check whether the building or place where you are is safe and whether there is anything dangerous such as things that may fall down.
Check the surrounding conditions

When the shaking has subsided and you have secured your safety, check on your family members. Also, check the information on the disaster and be prepared for the next action while understanding the right status.

Confirmation of your family’s safety

Confirm the safety of your family members through the previously decided contact method. Register your safety using the disaster message board to let family members know that you are safe.

Collection and understanding of information

Get information on the disaster such as the earthquake’s epicenter and seismic intensity. Don’t be confused by false information. Get the latest correct information through TV or radio.
4 You and neighbors help one another

If you have secured your safety and confirmed the safety of your family, check the condition of the neighborhood and start providing necessary support. Cooperate with your neighbors.

- **Check on your neighbors.**
- **Check with other people instead of acting by yourself.**

**Visit neighbors**

Ask neighbors, “Are you all right?” and check whether they need help.

**Help one another**

Immediately after the occurrence of a disaster, “public assistance” from the city office, fire department, police, or self-defense force may not be expected. Cooperate with your neighbors and provide support to anybody who needs special consideration or help.

**POINT**

In the Great Hanshin-Awaji Earthquake, about 80% of people were saved from the collapsed houses by their families and neighbors.

**If you need first aid or rescue**

- Provide first aid for bleeding, broken bones, or burns.
- Check for breathing and perform chest compressions if necessary.
- If an ambulance does not arrive, take the person to an emergency medical aid station.

See page 60 for the first-aid methods

See page 65 for the medical aid systems
### 5 Evacuation

Decide whether you should evacuate and where you should evacuate to according to the situation. If you think your house or the place where you are is safe, stay there.

**Immediate after the disaster**

- **There’s an earthquake!**
  - Secure your own safety first
  - Prevention of fire, first-aid fire fighting, and securing an evacuation route
  - Check the surrounding conditions (family, your house, neighborhood, etc.)
  - Safety
    - Stay at home
    - You and neighbors help one another
  - Dangerous
    - Your house is damaged
    - Afraid of staying at home

**Evacuation**

- **Nearby high building or hill**
  - (Occurrence of tsunami)
  - Temporary evacuation to the safest nearby place
    - Temporary evacuation area (Community assembly hall etc.)
    - Evacuation shelter for ward residents (Municipal schools etc.)
    - Complementary evacuation shelter (Children’s center, Tokyo metropolitan schools, etc.)
    - Disaster prevention squares, parks, etc
    - Safe places, facilities, etc

- **Check the surrounding conditions**
  - (fire, collapse of buildings, roads, etc.)

**Life in refuge**

- **Able to live at home**
  - Home (home evacuation)
  - Distribution of supply
  - Home
  - Complementary evacuation shelter
  - If there are many evacuees

- **Unable to live at home**
  - Designated evacuation shelter for ward residents (Municipal schools etc.)
  - Those who need special consideration
  - Secondary evacuation shelter, welfare evacuation shelter (Resident center for elderly, social welfare facilities, etc.)

**POINT**

When you evacuate, turn off the breaker and the gas main valve.
Recommendation of home refuge

If your house is safe and you can live in the house, “home refuge” is recommended. At evacuation shelter, you have to live with many people. It will be difficult to protect your privacy, or some people may get sick due to the change in their living environment. You should be prepared for home refuge so that you can keep living in your own familiar place.

A disaster victim certificate proves the damage of your house (total collapse, partial collapse) after the survey by the city office. It is required for using various support systems such as receiving benefit money or reduction of or exemption from paying taxes. If your house is damaged, apply for the certificate at the Shinagawa ward office.

Reconstruct your life

When you get used to your life at evacuation shelter, it is time to reconstruct your life.

Apply for a disaster victim certificate.

A disaster victim certificate proves the damage of your house (total collapse, partial collapse) after the survey by the city office. It is required for using various support systems such as receiving benefit money or reduction of or exemption from paying taxes. If your house is damaged, apply for the certificate at the Shinagawa ward office.
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See page 44 for items for home refuge

Reconstruct your life

When you get used to your life at evacuation shelter, it is time to reconstruct your life.

Recommendation of home refuge

Apply for a disaster victim certificate.

If you are stranded with no way home

If a disaster occurs, the operation of trains or buses is supposed to stop and you may not be able to go home immediately. Many people try to go home at the same time and major traffic congestion will occur, which blocks emergency vehicles such as ambulance or fire engines. Also, aftershocks may cause falling glass or billboards, so it will be very dangerous.

When you are at the office or school at the time of a disaster

If the safety of the building is confirmed, stay inside the building. Follow the instructions of the company or school about going home.

When you visit somewhere at the time of a disaster

Don’t move blindly. Follow the instructions of the local government or manager of the facility. If a major earthquake occurs, you can evacuate to a “temporary staying facility” for people stranded with no way home. At the temporary staying facility, you should support the operation of the facility and help one another.

Preparation for being stranded with no way home

For any disaster you may come across while you are out, bring something to eat such as chocolate or caramel, water, and a map with you on a daily basis. Also, you should keep essential items such as sneakers, a jacket for cold weather, medicine, and glasses at the office or school. (You are supposed to stay at a temporary staying facility such as an office or school for 3 days at the maximum.)

If you find it difficult to go home, don’t try to go home by force. Make sure to inform your family or your workplace of your safety.

See page 34 for safety confirmation methods
2 Fire

Occurrence of a fire

From a small flame to spreading fire. Act appropriately to minimize the damage.

1 Report immediately.

2 Perform first-aid fire fighting.

If it is difficult to extinguish a fire

3 Evacuate

There's an earthquake! What should you do?

Chapter 1
Basic

- Alarm the people in the surroundings and dial 119.
- Don’t try to extinguish the fire all by yourself. Ask for help from the people in the surroundings.
- If you feel danger, evacuate immediately.

1. Alarm the others immediately

It is important to alarm the people in the surroundings of the occurrence of a fire.

* Yell out, “Fire!” and alarm the surrounding people.
* Dial 119 and report the place and condition of the fire and your name.

2. First-aid fire fighting

Extinguish a fire as soon as possible with a nearby fire extinguisher. If it is difficult to extinguish the fire in your house, ask for help from the neighbors and the region to extinguish the fire. See page 66 for the methods of first-response fire extinguishing.

If it is hard to extinguish a fire

3. Evacuate

If you cannot extinguish the fire even with the help of people around you, evacuate immediately. Even with a small fire, if you feel danger, evacuate immediately.

* Don’t be concerned about your clothes or belongings. Evacuate quickly.
* Once you evacuate from the house, don’t return.

See page 26 for evacuation area.
**Occurrence of an earthquake**

Tsunami is caused by an earthquake. Protect yourself through appropriate evacuation.

1. **Protect yourself**
   - When it is shaking
   - First, protect yourself from the shaking.
   - Check the information on the tsunami.

2. **Check the information**
   - Check the height above sea level on a signboard and prepare for tsunami
   - *Check the height above sea level on a signboard and prepare for tsunami*

3. **Evacuate**
   - Evacuate to higher ground as soon as possible, away from the sea and rivers.
   - If you do not have enough time to evacuate or a hill is too far to evacuate to, “evacuate vertically” such as by going upstairs (higher than the first floor) in a building or a tsunami evacuation facility. Evacuate to a safe place on foot, in principle.
   - Tsunami comes several times. After you evacuate to a hill, remain cautious and stay at the safe place until the tsunami warning is lifted.

**Occurrence of tsunami**

- Check whether a tsunami advisory, tsunami warning, or great tsunami warning has been issued, and get the information on the time of arrival and expected height of the tsunami.
- Check whether the place where you are now is high enough by checking the height above sea level on a signboard.
- Check whether the place where you are now is safe or not. (building, floor)
Basic

- Check the area with the risk of tsunami in advance.
- Evacuate to a safe place such as a hill as soon as possible.
- Tsunami comes several times. Beware of the second tsunami and others after it.

1. Protect yourself

First, protect yourself from the shaking.  
See page 10 for the methods of protecting yourself.

If you are by the sea or the river

Evacuate to higher ground as soon as possible, away from the sea and rivers.

2. Check the information on the tsunami

Check the information on the tsunami.
- Check whether a tsunami advisory, tsunami warning, or great tsunami warning has been issued, and get the information on the time of arrival and expected height of the tsunami.
- Check whether the place where you are now is high enough by checking the height above sea level on a signboard.
- Check whether the place where you are now is safe or not. (building, floor)

POINT

Tsunami may reach earlier than the tsunami warning.

See page 28 for the information on tsunami.
See page 32 for how to get the information on the tsunami.

3. Evacuate

When the shaking subsides to a certain extent, those who live in the area with tsunami risk need to evacuate to the nearby safe hill immediately.

If you do not have enough time to evacuate or a hill is too far to evacuate to, “evacuate vertically” such as by going upstairs (higher than the first floor) indurable building or a tsunami evacuation facility. Evacuate to a safe place on foot, in principle.

Tsunami comes a few times. After you evacuate to a hill, remain cautious and stay at the safe place until the tsunami warning is lifted.

See page 29 for tsunami evacuation facilities.
Learn and decide
Learn the dangers in the community
Page 24

Let’s decide with your family
Page 34
Preparation for a disaster starts from learning the dangers in the surroundings. Dangerous places are different depending on the disaster. Let’s check places to evacuate to according to each situation.

1 Danger during shaking and place to evacuate to

Take measures after understanding the dangers caused by an earthquake.

Danger during shaking

If an earthquake directly hits the Tokyo area, it is assumed that shaking of seismic intensity upper 6 will occur in most areas of Shinagawa city.

You will hardly be able to stand and have to move by crawling.

Most brick walls without reinforcement will collapse.

A lot of tiles on the walls or window glass will be damaged and fall off.

There may be huge cracks on the walls of wooden houses. Many houses will tilt or collapse.

NOTE!
See the disaster prevention map See page 50 for living at evacuation shelter.

Water
Places to evacuate to

Check where to evacuate to immediately after an earthquake. If your house collapses, you are supposed to live at evacuation shelter for ward residents.

**Temporary evacuation area**

The places where residents in each residents’ disaster prevention organization (neighborhood association, neighborhood community association) temporarily gather and assess the situation. Or a nearby meeting point for group evacuation. The places are decided for each residents’ disaster prevention organization such as school yards, shrines, temples, parks, greenery areas, and squares in housing complex.

**Evacuation shelter for ward residents**

The places where residents temporarily live if their houses collapse or living in their own places is difficult due to a fire. The facilities such as municipal schools are designated for each community. They are bases for disaster prevention in the community. So, the people in home refuges need to report the place of evacuation and the necessary support to the evacuation shelter for ward residents.

\[\text{NOTE!}\]

Where to evacuate to at the time of earthquake?

Check and write the place to evacuate to and the designated refuge at the time of earthquake.

<table>
<thead>
<tr>
<th>Temporary evacuation area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evacuation shelter for ward residents</td>
</tr>
</tbody>
</table>

See page 50 for living at evacuation shelter.
Learn and decide

Chapter 2

2 Fire hazard and place to evacuate

Shinagawa city is an area with a particularly great danger of fire spread. According to the damage estimated by the Tokyo Metropolitan Government, 80% of the damage and 70% of the dead would be caused by fire. Check the place to evacuate to in advance to protect yourself from a fire.

Place to evacuate to

If it is dangerous due to a fire, evacuate to a nearby large park. If a fire may spread, evacuate to safety evacuation area as early as possible while paying attention to the direction of smoke or wind.

Safety evacuation area

The places where residents temporarily evacuate to to protect themselves from fire spread. Open space is designated by Tokyo such as large-scale parks, greenery areas, or fireproof building areas.

Designated remaining area within the district

The district where wider-area evacuation is unnecessary even in the case of fire spread. Tokyo designates the areas with advanced non-combustible measures.

NOTE!

Where is the nearest safety evacuation area?

Write the name of the nearest safety evacuation area.

See the disaster prevention map.
Learn and decide
Chapter 2

Learn the dangers in the community

1

Safety evacuation area
If it is dangerous due to a fire, evacuate to a nearby large park. If a fire may spread, evacuate to safety evacuation area as early as possible while paying attention to the direction of smoke or wind.

Place to evacuate to
Shinagawa city is an area with a particularly great danger of fire spread. According to the damage estimated by the Tokyo Metropolitan Government, 80% of the damage and 70% of the dead would be caused by fire. Check the place to evacuate to in advance to protect yourself from a fire.

Fire hazard and place to evacuate
The places where residents temporarily evacuate to to protect themselves from fire spread. Open space is designated by Tokyo such as large-scale parks, greenery areas, or fireproof building areas.

Safety evacuation area
The district where wider-area evacuation is unnecessary even in the case of fire spread. Tokyo designates the areas with advanced non-combustible measures.

Designated remaining area within the district

Where is the nearest safety evacuation area?
Write the name of the nearest safety evacuation area.

NOTE!
*The number of areas cover all towns and areas in Tokyo.

The level of danger is published for each community by the Tokyo Metropolitan Government. It shows the relative level of danger on the assumption of the same seismic intensity of an earthquake occurring right under towns and areas. The level is classified into 5 categories.

Check the level of danger in your surroundings and circle the number for each item.

See the disaster prevention map > Danger level in each area of Shinagawa

The degree of building collapse risk

The degree of difficulty in disaster activities

Fire danger level

The degree of overall risk

The level of danger is published for each community by the Tokyo Metropolitan Government. It shows the relative level of danger on the assumption of the same seismic intensity of an earthquake occurring right under towns and areas. The level is classified into 5 categories.

- Level of danger
  - Low
  - High

- Rank 1
  - 2,337 towns and areas (45.2%)
- Rank 2
  - 1,648 towns and areas (31.8%)
- Rank 3
  - 820 towns and areas (15.8%)
- Rank 4
  - 287 towns and areas (5.6%)
- Rank 5
  - 85 towns and areas (1.6%)

*The number of areas cover all towns and areas in Tokyo.

Check the level of danger in your surroundings and circle the number for each item.

See the disaster prevention map > Danger level in each area of Shinagawa
Learn and decide

3 Danger of tsunami and place to evacuate to

Geographically, big size of tsunami hardly occurs inside the Tokyo Bay, and also, a certain level of safety is secured by coastal levee and floodgates. However, if a floodgate does not close, some areas may be exposed to water.

Estimated height of tsunami

<table>
<thead>
<tr>
<th>Expected height of tsunami</th>
<th>Expression in a major earthquake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Announcement in figures (announcement standard)</td>
<td></td>
</tr>
<tr>
<td>Over 10m (10m &lt; height)</td>
<td>Huge</td>
</tr>
<tr>
<td>10m (5m &lt; height &lt; 10m)</td>
<td></td>
</tr>
<tr>
<td>5m (m &lt; height &lt; 5m)</td>
<td></td>
</tr>
<tr>
<td>3m (1m &lt; height &lt; 3m)</td>
<td>High</td>
</tr>
<tr>
<td>1m (2cm &lt; height &lt; 1m)</td>
<td>(not indicated)</td>
</tr>
</tbody>
</table>

*1 Maximum tsunami expected to reach Shinagawa city in “Regarding new estimated damage in Tokyo, estimated damage caused by an earthquake that directly hits the Tokyo area” (in April 2012)
*2 In Tokyo Bay, the height above sea level and elevation indicate nearly the same.

Tsunami warning/advisory

Place to evacuate to

In the case of tsunami, you should escape to the nearest hill. If you do not have enough time to evacuate or a hill is too far to evacuate to, “evacuate vertically” such as by going upstairs (higher than the 1st floor) in a tsunami evacuation facility or solid building.

\NOTE!\

Danger of tsunami

If you live in the area exposed to tsunami, write a place to evacuate to.

See the disaster prevention map
> Tsunami hazard map

<table>
<thead>
<tr>
<th>Danger of tsunami</th>
<th>Exposed to water: yes / no</th>
</tr>
</thead>
<tbody>
<tr>
<td>Place to evacuate to</td>
<td>* If yes: Depth of immersion: ____ m</td>
</tr>
</tbody>
</table>
Learn and decide

Tsunami evacuation facilities

The secure, reinforced-concrete construction where residents immediately evacuate to if a “tsunami warning” or “major tsunami warning” is issued. The green sign on the right is displayed. You can check tsunami evacuation facilities from the Shinagawa city website.

List of tsunami evacuation facilities (as of March 2018)

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hino Gakuen</td>
<td>1-16-3 Minami-oi</td>
</tr>
<tr>
<td>Dai-1 Hotel Tokyo Seafort</td>
<td>1-3-20 Katsushima</td>
</tr>
<tr>
<td>NC Heim Kita-Shinagawa</td>
<td>2-32-3 Kita-shinagawa</td>
</tr>
<tr>
<td>State Elementary School</td>
<td>1-22-17 Kita-shinagawa</td>
</tr>
<tr>
<td>Shinagawa Gakuen</td>
<td>3-18-34 Higashi-oi</td>
</tr>
<tr>
<td>Sun Life Higashi-Shinagawa</td>
<td>4-16-2 Minami-oi</td>
</tr>
<tr>
<td>Konami Sports Life Co., Ltd.</td>
<td>4-10-1 Higashi-oi</td>
</tr>
<tr>
<td>Raitokugai Temple</td>
<td>3-13-1 Higashi-oi</td>
</tr>
<tr>
<td>Asa Side Terrace</td>
<td>1-32-3 Higashi-oi</td>
</tr>
<tr>
<td>Higashi-shinagawa Sogo Building</td>
<td>2-32-3 Kita-shinagawa</td>
</tr>
<tr>
<td>Konami Sports Life Co., Ltd.</td>
<td>1-13-20 Katsushika</td>
</tr>
</tbody>
</table>

Private facilities (In the order of concluded cooperative agreements)

1. Shin-Minami-Oi Building 1-13-5 Minami-oi
2. Dai-1 Hotel Tokyo Seafort 2-3-15 Higashi-shinagawa
3. OKI Winotech Co., Ltd. 1-19-4 Kita-shinagawa
4. Riverside Condominium 2-17-14 Higashi-oi
5. Dai-3 Toyo Condominium 1-17-6 Minami-oi
6. Higashi-Oi Sky Heights 2-13-10 Higashi-oi
7. Station Plaza Tachikawa 2-23-4 Higashi-oi
8. Sun Life Higashi-Shinagawa 1-28-11 Higashi-shinagawa
9. NIC Heim Kita-Shinagawa 1-22-17 Kita-shinagawa
10. Konami Sports Life Co., Ltd. 4-10-1 Higashi-shinagawa
11. Raitokugai Temple 3-13-1 Higashi-oi
12. Asa Side Terrace 1-32-3 Higashi-oi
13. Higashi-shinagawa Sogo Building 2-32-3 Kita-shinagawa

Facilities owned by Shinagawa ward

1. Hino Gakuen 2-11-1 Higashi-gotanda
2. Shinagawa Gakuen 3-8-30 Kita-shinagawa
3. Jonan Elementary School 2-8-21 Minami-shinagawa
4. Jonan Dai-2 Elementary School 3-4-10 Higashi-shinagawa
5. Samehama Elementary School 2-10-14 Higashi-oi
6. Hamakawa Elementary School 4-3-7 Minami-oi
7. Suzugamori Elementary School 4-16-2 Minami-oi
8. Daiba Elementary School 1-8-30 Higashi-shinagawa
9. Tokai Junior High School 3-30-15 Higashi-shinagawa
10. Hamakawa Junior High School 3-18-34 Higashi-oi
11. Suzugamori Junior High School 2-3-14 Minami-oi
12. Shinagawa Library 2-32-3 Kita-shinagawa
13. Higashi-shinagawa Cultural Center 3-32-10 Higashi-shinagawa
14. Minami-oi Cultural Center 1-22-8 Minami-oi
15. Higashi-shinagawa Children Center 1-34-9 Higashi-shinagawa
16. Kita-shinagawa Children Center 2-7-21 Kita-shinagawa
17. Shinagawa Health Center 3-11-22 Kita-shinagawa
18. Higashi-shinagawa sandy staff apartment 3-1-8 Higashi-shinagawa
19. Kita-shinagawa sandy staff apartment 3-11-17 Kita-shinagawa
20. Higashi-oi sandy staff apartment 2-16-12 Higashi-oi
21. Minami-oi 1-chome municipal housing 1-13-7 Minami-oi
22. Minami-oi 5-chome municipal housing 5-10 Minami-oi
23. Minami-oi 6-chome municipal housing 6-1-20 Minami-oi
24. Higashi-shinagawa 1-chome municipal housing 3-4-18-19 Higashi-oi

This map was made using the 1/2500 scale topographic map of Tokyo with the permission of the governor of Tokyo. (Permission No.) 30 Urban Master Plan measurements No. 206. Unauthorized reproduction prohibited.

* The places with the heights above sea level of tsunami are not always exposed to water. (Please see the tsunami hazard map for details.)
1. Prepare a map of your place and its surroundings.

Prepare a basic map on which you will make an evacuation map for earthquakes.

2. Mark your house with red.

3. Mark the evacuation sites with blue.

The evacuation site varies depending on the disaster situation and evacuation purposes. Look for the evacuation sites below and mark them.

- Temporary evacuation area
- Safety evacuation area
- Evacuation shelter for ward residents
- Evacuation site for tsunami

4. Mark dangerous places

Mark the items below to clearly show the details of the dangers.

<table>
<thead>
<tr>
<th>Danger of collapse</th>
<th>Danger of fire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old brick walls/billboards/glass window</td>
<td>Factory/area with many houses made of wood</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Danger of liquefaction</th>
<th>Danger of tsunami</th>
</tr>
</thead>
<tbody>
<tr>
<td>Along river/marsh/reclaimed land</td>
<td>Lowland along the coast</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Alley, narrow street</th>
</tr>
</thead>
</table>

5. Mark the facilities or equipment that can be used at the time of disaster.

Fire extinguishers, AED, public phones, public lavatory, convenience stores, Free Wi-Fi spots, etc.
6. Draw evacuation routes

Draw evacuation routes that do not include dangerous places. The route decided in advance may be blocked due to damage, so draw multiple routes.

(Example)

7. Walk in the town

Let's walk in the town based on the map you made. Check whether there is danger you have overlooked. It is also recommended that you walk with emergency supplies.

Tsunami voluntary evacuation map

In Great East Japan Earthquake, the worst damage was caused by unexpected large-scale tsunami. Learning from this great earthquake, we have been encouraging residents to prepare a “tsunami voluntary evacuation map” in Shinagawa city. Let’s make an evacuation map for tsunami so that you can act in an emergency.

* You can find the manual for preparing a map on the website of Shinagawa ward, or get the manual at the desk of the River and Sewerage Section.
4 Information sources

When a disaster occurs, groundless rumors or incorrect information may spread. Try to get the latest correct information from reliable information sources.

Municipal radio communication system for disaster prevention

Emergency information will be provided through outdoor speakers in the ward.

Dial for emergency information

If you dial 03-3777-2292, you can hear emergency information sent by the municipal radio communication system for disaster prevention through voice message.

TV

On the Shinagawa ward residents' channel (terrestrial digital broadcasting 11ch), emergency information will be shown on the screen during ordinary broadcast.

Shinagawa TV Push

Original service of Cable TV Shinagawa. Necessary information will be provided at the necessary timing through voice and TV screen. The channel will be automatically changed for emergency information or the TV turns on by itself to provide the information even if it is switched off.

Radio

Information will be provided through InterFM(89.7 MHz) and Community FM(88.9 MHz), with which Shinagawa ward concluded a disaster cooperation agreement.

Public relations car

Providing information using a speaker at the area with expected danger.

Emergency report area email

Emergency information will be delivered by email to people staying in Shinagawa ward who have mobile terminals of Docomo, au, and SoftBank.

* If you receive an email, emergency information will be automatically shown on the screen of the terminal. You do not have to register the address.

Disaster prevention tablet

Prepared at neighborhood association, neighborhood community association, and evacuation shelter for ward residents such as municipal elementary schools, junior high schools, and schools for compulsory education.
Shina mail (Shinagawa information mail)

Services provided by the ward. You can choose the information you want to receive, from emergency information, disaster prevention weather information, etc. You need to register in advance.

Emergency notification call for evacuation information

The services provided for residents living in the areas that may be exposed to tsunami, water, or landslide and Shinagawa city give evacuation information by giving you a call or sending you e-mail. You need to register in advance.

Internet

Website of Shinagawa city
https://www.city.shinagawa.tokyo.jp/

Twitter of Shinagawa city
https://twitter.com/shinagawacity

Facebook of Shinagawa city
https://www.facebook.com/city.shinagawa/

Website of Disaster prevention information
http://www.bousai.metro.tokyo.jp/

Twitter of Disaster prevention information
https://twitter.com/tokyo_bousai

Website of Disaster Management, the Cabinet Office
http://www.bousai.go.jp/

Twitter of Disaster Management, the Cabinet Office
https://twitter.com/CAO_BOUSAII

Website of Japan Meteorological Agency
https://www.jma.go.jp/jma/index.html

Twitter of Japan Meteorological Agency
https://twitter.com/JMA_kishou

Website of Disaster prevention information
http://www.bousai.metro.tokyo.jp/

Twitter of Disaster prevention information
https://twitter.com/tokyo_bousai

Website of Disaster Management, the Cabinet Office
http://www.bousai.go.jp/

Twitter of Disaster Management, the Cabinet Office
https://twitter.com/CAO_BOUSAII

Website of Japan Meteorological Agency
https://www.jma.go.jp/jma/index.html

Twitter of Japan Meteorological Agency
https://twitter.com/JMA_kishou
Confirmation of family safety

If a disaster occurs, phones do not easily connect. It is recommended that you prepare multiple ways to confirm the safety of your family.

Use voice communication

Disaster emergency message dial 171

At the time of disaster, if you record your safety information from a landline phone or cell phone, your message can be played from anywhere in Japan.

Dial “171”

“1” for recording

“2” for playing

Record or play a message according to the guidance.

* At evacuation shelter, free public phones will be installed.

Triangle communication method

The method of calling your family, relatives, or acquaintances living far from the disaster area to check their safety or leave a message.

Use the internet

Disaster message board web171

Web message board in which you can confirm the safety at the time of disaster.

SNS (Twitter, Facebook, LINE)

You can use SNS to confirm their safety or leave a message.

NOTE!

How to confirm the safety of your family

Decide on a few methods of confirming their safety in advance.

- The method of confirming their safety1
- The method of confirming their safety2
2 Meeting point for family

Predecide the meeting point in case the family separated.

- Choose a safe place for staying without danger.
- A nearby school or park can be a candidate place for the meeting point. Also, decide on details such as “in front of the entrance gate” or “in front of playground equipment.”
- Decide on a meeting time, and then you do not have to keep waiting.

\NOTE! /

The place to meet your family

You may not be able to get into the place decided with your family in advance or it may be difficult to meet your family due to too many evacuees. Decide on a few places with priority.

<table>
<thead>
<tr>
<th>Places to meet your family</th>
<th>Priority 1</th>
<th>Priority 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Places to meet your family</td>
<td>Priority 1</td>
<td>Priority 2</td>
</tr>
</tbody>
</table>
Let’s decide with your family

Let’s make a disaster prevention card!

Write what you have decided with your family on a disaster prevention card. Make a card for each family member and have each of them take it with him/her. Taking a photo of the card with a cell phone or smartphone is also a good idea.

**[Example]**

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of birth</th>
<th>No. of health insurance card</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taro Bosai</td>
<td>DD/MM, 1990</td>
<td>01234567</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
<th>Blood type</th>
<th>Allergy, chronic disease, medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-O-XX Hiromachi, Shinagawa-ku</td>
<td>O</td>
<td>Milk allergy</td>
</tr>
</tbody>
</table>

Evacuation shelter for ward residents

**OO Elementary school**

Temporary evacuation area

**XX Park**

Method of safety confirmation

1. Disaster emergency message dial 171
2. Triangle communication method

Family meeting point

1. In front of the fountain in XX Park
2. In front of the front gate of OO Elementary school

**Emergency contact information (family, school, workplace, etc.)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address/Tel</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hanako Bosai</td>
<td>1-O-XX Ebara, Shinagawa-ku</td>
<td>Mother</td>
</tr>
<tr>
<td>(080) 0000 - △△△△</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CHECK!

Let’s make a disaster prevention card!

See pages 91 and 93 for a card for your family.
Let's participate in disaster prevention activities in the community!

In a major disaster, the situation cannot be responded to only by administrative organizations such as the ward office, police office, fire department, and Self-Defense Force. Let’s “protect our town ourselves,” and work on what each of us can do such as participation in a disaster prevention drill regularly.

**Residents’ disaster prevention organization**

Organizations that carries out disaster prevention activities based on the neighborhood association/neighborhood community association. In Shinagawa ward, 200 residents’ disaster prevention organizations are proactively engaged in activities throughout a year such as first-response firefighting (learning how to use a pump), first aid procedures, and disaster prevention events for children.

**District disaster prevention council**

District disaster prevention councils are established in 13 districts (unit of community center) to promote disaster prevention activities in cooperation with all districts. Each council makes various efforts such as the general disaster prevention drill every September to November, visits to disaster prevention facilities, and encouraging home refuge.

**Establishment of the support system for those who require special consideration**

The support system for those who need special consideration is being established in each community such as by carrying out evacuation guidance drills for those who have difficulties evacuating by themselves and preparing individual plans.
Get prepared
To protect yourself
Page 40

For home refuge
Page 44

If you live at evacuation shelter
Page 50
To protect yourself

Secure a safe place

To protect yourself and your family from the damage to your house caused by the shaking during an earthquake, you need to secure safety inside the rooms, around the house, and of the house itself.

Measures for rooms

Check whether the safety measures are taken inside the rooms.

Prevention measures against falling over, falling down, and moving of furniture

- Attaching anti-shattering film to windows and glass.
- Not putting things on shelves or high places.
- Fixing furniture with metal fittings or tension rods.
- Installing door stoppers to prevent doors from opening.
- Fixing the TV to the wall or TV stand.

Ingenious layout of furniture

- The bedroom and exit and entrance should not be blocked by falling furniture and areas in which stored things may scatter should not block an evacuation route.
- Tall furniture is not placed near a bed or futon.

See page 87 for the purchase of disaster prevention items.
Measures in the surroundings of houses

Check whether safety measures are properly taken in the surroundings of houses.

- Having inspected the safety of brick walls and reinforcing their earthquake-resistance.
- Taking fall prevention measures for things on the roof or high places.

Earthquake resistance of houses

Get an assessment of the earthquake resistance of your house and do seismic reinforcing work if necessary. Pay particular attention to houses built before May 31, 1981, since the old seismic code is applied to them.

Earthquake Insurance

If you suffer damage due to an earthquake, you need a certain amount of money to reconstruct your life such as for rebuilding or repairing your damaged house, buying household belongings, and temporary living. Earthquake insurance covers the damage (fire, damage, being buried, washout) caused by an earthquake, eruption, or tsunami.
2 Preventing fires

Always be careful about handling fire sources, to avoid a fire. Be prepared in case of a fire.

Not to cause a fire

Check the measures in your house for preventing fires.

- Install a quake-sensitive circuit breaker
- Use fireproof bedding, aprons, and curtains
- Place nothing around the heater etc.

Be careful about fire caused by re-energization!

In the past earthquake disaster, a lot of fires were caused by electrical appliances due to the shaking, and also re-energization when electricity was restored after the blackout. A quake-sensitive circuit breaker is an appliance that automatically stops electricity when it senses shaking. Install a quake-sensitive circuit breaker to prevent fires caused by re-energization.

Types of quake-sensitive circuit breakers

<table>
<thead>
<tr>
<th>Types</th>
<th>For distribution board</th>
<th>For outlet</th>
<th>Simple type</th>
<th>Connecting to an outlet with grounding</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Built-in</td>
<td>Retrofitting</td>
<td>Weight/spring type</td>
<td>Connecting to an outlet with grounding</td>
</tr>
<tr>
<td>A sensor built in a distribution board senses shaking, and a circuit breaker trips to cut electricity.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A sensor installed outside a distribution board senses shaking, and a circuit breaker trips to cut electricity.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A sensor installed inside an outlet senses shaking, and the electricity of electrical appliances is cut from the outlet.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A breaker is switched off when a weight falls or a spring acts due to shaking.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>A device is installed in an outlet with grounding. It makes a breaker trip to cut electricity when the device senses shaking.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Electrical work is necessary.
- Electricity to an outlet is not cut without a breaker.
- Electricity goes off instantly, so lighting apparatus needs to be prepared in advance.
- A circuit breaker needs to be installed, and an outlet with grounding is required.

See page 87 for the aid for quake-sensitive circuit breakers.
Prevention a fire from spreading

Check the measures for first-response fire extinguishing in your house in case of a fire.

☐ Install fire alarms for houses and have them checked periodically.

☐ Place nothing that easily catches fire around the house.

☐ Install a fire extinguisher and have it checked periodically.

☐ Able to use a fire extinguisher.

☐ Participating in disaster prevention drills regularly.

See page 87 for the purchase of a fire extinguisher.

See page 66 for how to use a fire extinguisher.

Preparation of the ward against a fire

Shinagawa city is taking various measures against fires.

- **Fire extinguishers on the streets**
  About 6,000 fire extinguishers are installed along the roads and sidewalks.

- **Small extinguishing pump/Standpipe**
  They are installed at the ward resident fire brigade, mini-pump unit, and ward residents' evacuation shelter.

- **Water tank (fireproof water tank)**
  Water tanks are installed in the ward facilities such as schools and parks and on the private lands.
If an earthquake occurs, distribution systems stop and you may not be able to buy daily necessities at convenience stores or supermarkets. Store some food and daily necessities at home for home refuge.

1 Store food and water

Store food and water for home refuge. People sometimes lose their appetite after a disaster, so prepare tasty food and easily eat food for all family members.

POINT

- Store food and water for at least 3 days, and up to one week, if possible.
- Store 3 liters of water to drink per person per day.
- Try to store food as follows: staple food (rice, bread, noodles) + main dish (meat, fish, egg, beans) + side dish (vegetables, seaweed, mushroom).

<table>
<thead>
<tr>
<th>Staple food</th>
<th>Rice, ready-to-eat rice, instant rice, bread (tinned bread), dry noodles (somen [vermicelli], pasta, etc.), cup noodles, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main dish</td>
<td>Tinned meat, fish, and beans, ready-to-eat food, dry food, etc.</td>
</tr>
<tr>
<td>Side dishes</td>
<td>Long-life vegetables and fruits, tinned vegetables and fruits, dry vegetables, dry fruits, seaweed, etc.</td>
</tr>
<tr>
<td>Drinks</td>
<td>Water, vegetable juice, fruit juice, etc.</td>
</tr>
<tr>
<td>Others</td>
<td>Seasonings, snacks, supplements you usually take</td>
</tr>
</tbody>
</table>
If you have a baby

Mothers may not be able to breastfeed their babies temporarily due to the stress of a disaster. Store formula and feeding bottles (paper cups can also be used instead of bottles). Store plenty of ready-to-eat baby food.

The elderly

For the elderly who have difficulty chewing, prepare food that is usually eaten at home. The elderly tends not to feel thirst and easily become dehydrated. Remember to store water to drink.

People with chronic diseases

Appropriate food cannot be often obtained immediately after a disaster for people with chronic diseases such as kidney disease or diabetes mellitus, or people with food allergies. Try to store extra food that is usually eaten.

Recommendation of Rolling stock

“Rolling stock” is an idea in which we keep in stock a little extra of the long-lasting food that we usually eat, consume goods starting with those that expire first, and replace what has been consumed with new purchases so that they do not become out of stock. In this method, we can store food and drink without much effort in our daily life.
Prepare necessities

Store daily necessities for home refuge.

- Prepare on the assumption that utilities (electricity, water supply, sewerage, gas) stop functioning.
- Store things you always use, medicines you take, and what you need as stockpile.

<table>
<thead>
<tr>
<th>Water supply equipment</th>
<th>Water tank, water bag, PET bottles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kitchen appliances</td>
<td>Portable gas cooker, portable gas cylinders, plastic wrap, aluminum foil, plastic bags, chopsticks, paper plates, spoons, forks, knives</td>
</tr>
<tr>
<td>Sanitary goods</td>
<td>Portable toilet, toilet paper, tissue paper, garbage bags, disposable gloves, wet tissue, disinfectant, underwear, toothbrush</td>
</tr>
<tr>
<td>Medicine first aid kit</td>
<td>Household medicine, over-the-counter drugs, first-aid kit, medical diary</td>
</tr>
<tr>
<td>Information devices</td>
<td>Hand-cranked radio, battery charger for cell phones and smartphones</td>
</tr>
<tr>
<td>Other daily necessities</td>
<td>Flashlights, dry cell batteries, lighters, ropes, packing tapes, cotton work gloves, newspapers, disposable heat packs</td>
</tr>
</tbody>
</table>

When the water supply stops, you cannot wash dishes. However, you can eat food without soiling dishes if you have plastic wrap or plastic bags.
Preparation for toilet

At the time of disaster, you may not be able to use the toilet due to damage to sewage pipes. You may be able to skip meals but not skip going to the toilet. You need to prepare a portable toilet kit at home.

In the past disasters

Dirty water flushed by the residents upstairs overflowed downstairs due to damaged sewage pipes. People sometimes became sick because they tried not to take much water or food so that they would not have to go to the toilet.

Before using the toilet

Check whether drainpipes or sewage pipes are damaged or not. Use a portable toilet and do not flush the toilet until the check is completed.

- Check whether use of sewerage is restricted in the community.
- Open the lid of a soil water basin in the premises of your house and check if the water flows.
- Ask a drainage contractor to check the sewerage.

Bureau of Sewerage General equipment maintenance center

0120-850-195 (from mobile phone/PHS: 03-3585-0195)

- If you live in a condominium, check with the management association.

How to use a portable toilet kit

If you cannot flush the toilet, use a portable toilet kits. Prepare the kit for the number of family members on the assumption of it being used 5-6 times a day per person.

1. Cover the toilet bowl with a garbage bag and stool bag (black plastic bag).

2. Put a solidifying agent and deodorant after excretion.

3. Tie the bag tightly and keep it until garbage collection*.

* You cannot dispose of excrement the way you usually dispose of garbage.
Condominiums generally have good earthquake resistance and fire resistance. However, there are some kinds of damage or impact that are specific to high-rise buildings or housing complexes. At condominiums, stockpiles should be prepared according to their characteristics.

- In long-period ground motion, the higher the floors are, the more the shaking in high-rise buildings. Furniture tends to easily fall down.
- If an elevator stops, it will be difficult to move upstairs or downstairs.
- If a part of the drainage pipes is damaged, toilets cannot be used in the entire building.
- If the water pump stops, the water supply stops.

**Damage specific to condominiums**

Based on the discussion among residents, make rules for the safety confirmation method, use of common space, reception of relief supplies, and storage of garbage.

Keep stockpiles in elevators in case of people being trapped.

Check the emergency staircase and disaster prevention equipment during disaster prevention drills.

Establish a relationship with the surrounding community association or neighborhood community association on a day-to-day basis.

**Preparation of condominiums**

For home refuge, store plenty of food, drink, and also portable toilet kits.

**Preparation of each household**

For family members to live for 3 days

<table>
<thead>
<tr>
<th>For family members to live for 3 days</th>
<th>Food</th>
<th>Drink</th>
<th>Toilet</th>
</tr>
</thead>
<tbody>
<tr>
<td>① What are necessary</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>_________ Persons</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>x 3 meals x 3 days</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>= ____ meals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e.g.) 3 meals of ready-to-eat food,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 natto packs,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 bag of bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>② What you have now</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e.g.) 5 bottles of water (2 L),</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 bottles of tea (500 ml)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>e.g.) Portable toilet kits for 10 times,</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 rolls of toilet paper</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>③ What you need to buy (① - ②)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total ____ meals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total ____ L</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total ____ times</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To calculate what is necessary for family members to live for 3 days, check what should be purchased.

**CHECK!**

- Buy a little extra to replenish the stockpile during regular shopping for the rolling stockpile.
- Increase the amount gradually to keep stockpile for 1 week.

Calculate what is necessary for family members to live for 3 days and check what should be purchased.
Damage specific to condominiums

Condominiums generally have good earthquake resistance and fire resistance. However, there are some kinds of damage or impact that are specific to high-rise buildings or housing complexes. At condominiums, stockpiles should be prepared according to their characteristics.

**Damage specific to condominiums**

- In long-period ground motion, the higher the floors are, the more the shaking in high-rise buildings. Furniture tends to easily fall down.
- If an elevator stops, it will be difficult to move upstairs or downstairs.
- If a part of the drainage pipes is damaged, toilets cannot be used in the entire building.
- If the water pump stops, the water supply stops.

**Preparation of each household**

- For home refuge, store plenty of food, drink, and also portable toilet kits.
- Prevent furniture from falling down and keep places or spaces safe.

**Preparation of condominiums**

- Based on the discussion among residents, make rules for the safety confirmation method, use of common space, reception of relief supplies, and storage of garbage.
- Keep stockpiles in elevators in case of people being trapped.
- Check the emergency staircase and disaster prevention equipment during disaster prevention drills.
- Establish a relationship with the surrounding community association or neighborhood community association on a day-to-day basis.

See page 88 for the support for the disaster prevention measures for condominiums.
1 Living together with other people

Various people live together at evacuation shelter. Be considerate and help one another particularly in the difficult time after a disaster.

Rules for community life

At evacuation shelter, voluntarily do what you can or what you are good at and help one another. Basic living rules are provided for each refuge in the operation manual. Participate in the drills at evacuation shelter and check the rules.

People who need special consideration

There are people who need special consideration such as the elderly, people with disabilities, infants, pregnant women and nursing mothers, people from overseas, and sexual minorities (LGBTs.). Let’s be considerate and support them.

- Be considerate to those who need special consideration according to their situation, such as by securing for physically handicapped people a place with good access to the toilet in the refuge or conveying information with letters to people with hearing difficulties.
- Use the secondary evacuation shelter or welfare evacuation shelter if necessary.

See the disaster prevention map.

Women/Expectant and nursing mothers

The operation of evacuation shelter needs the perspective of women. Women should actively participate in the operation. Be considerate to differences in needs according to gender.

- Have underwear and sanitary goods for women distributed by women.
- Set a changing room, nursing room, or laundry-drying place exclusively for women.
- Be careful not to be alone where you are not seen by anybody. Try to move with others at night in particular.
People with allergies

People with allergies need to tell the people in their surroundings about the allergy. A sticker or name plate stating allergens should be attached to children. Check the ingredients of meals and avoid allergens.

- Prepare a card with details of the allergy and emergency contact information.
- Take EpiPen® or drugs in case of accidental ingestion.
- If any symptom appears, ask the people around for help.
- Store plenty of food suitable for people with allergies.

People who have pets

Living at evacuation shelter is a burden on pets. It is important to prepare things so that pets can live in their familiar environment. If you have to evacuate, take your pet with you. Be considerate to others and follow the rules of the refuge such as putting your pet in a cage, and keep them breed in cooperation with other pet owners.

- Store plenty of necessities such as pet food and toilet sheets.
- Train your pet to stay in a cage and not to bark for no reason.
- Have your pet vaccinated and spayed or neutered.
- Put a name tag on your pet or implant a microchip.
What you have to be careful about

Living in an environment different from usual will be a big burden physically and mentally. Try to lead as healthy a life as possible.

Physical health

Physical function will decrease due to the change in the environment. Try to be careful about your health more than usual.

Exercise

Staying in the same pose for long hours may cause poor blood circulation and some people develop economy-class syndrome (having thrombus or a blood clot) and become sick. Try to exercise as much as possible such as by stretching, walking, and radio exercise.

Nutrition

Take plenty of water. Meals at the time of disaster tend not to contain much protein, vitamins, minerals, and dietary fiber. Try to take a good combination of them in meals, for example, staple food, main dish, and side dish. If you keep having boxed lunches or ready-to-eat food, you will take too much salt. Also, it is important to eat the appropriate amounts of food at a refuge.

Oral care

An irregular life, insufficient tooth brushing, fatigue, and stress sometimes cause not only tooth decay and periodontitis but also infections such as influenza and aspiration pneumonia. Remember to brush your teeth or take care of your dentures. If you have no water, use mouthwash.
Life hygiene

If general equipment cannot be used due to the stoppage of utilities, hygienic conditions will worsen and infections may spread sometimes. Make it a rule to try to keep yourself clean.

**Toilet**

If the water supply stops, toilets may be unavailable. Use toilets based on the rules at the refuge and clean them regularly in cooperation with one another.

**Garbage**

Garbage collection will not function as normal due to too much garbage. Be careful about odors and harmful insects. Try to set a garbage collection area as far from the living space as possible.

Mental health

A disaster will have great impact on people’s mental health. Talk with the people around or contact the consultation desk instead of keeping your worries to yourself.

**Human relationships**

When living at evacuation shelter, you will have many opportunities to communicate with various people. Try to be considerate to other people’s feelings.

**Feeling of depression**

You may be dramatically depressed due to the stress of living at evacuation shelter in addition to various kinds of damage due to the disaster. If you cannot talk with the people around, contact a special desk.

Troubles in your life

During times of disaster, troubles tend to increase such as dismissals, crimes, discrimination, domestic violence, forced division of work by gender, legal issues, and consumer troubles. If you have some problems with life at a refuge, talk with people around or consult the desk instead of keeping your worries to yourself.
Prepare emergency supplies

Get prepared to take minimal necessities for evacuation.

CHECK!

Check the emergency supplies!

Valuables
- Cash (including change for public phones)
- Savings account passbook and seal
- ID (driver's license, passport, insurance card, etc.)

Information devices
- Cell phone, smartphone, battery charger
- Portable radio
- Map
- Emergency contact information (family, relatives, acquaintances)

Food
- Emergency food
- Water to drink

Useful items
- Utility knife
- Flashlight
- Whistle, buzzer
- Cotton work gloves
- Lighter
- Portable blanket
- Shinagawa Disaster Prevention Handbook

Hygienic items
- First-aid kit
- Household medicine, medicine for chronic disease
- Towels
- Portable toilet kits
- Toilet papers
- Wet tissues
- Masks
- Toothbrush
- Glasses, contact lenses (cleaner)
- Underwears

Get prepared to take minimal necessities for evacuation.

If you live at evacuation shelter

Prepare emergency supplies

You need to add your personal needs to your emergency supplies.

Check what you need.

WHAT YOU NEED

Get prepared

Chapter 3

Women
- Dressing goods (Mirror, hair elastic, lotion, moisture cream, cosmetics, etc.)
- Sanitary goods
- Crime prevention buzzer or whistle

If you have a pet
- Leash, collar, cage
- Toilet sheets
- Record of vaccination
- Pet food, water, plate
- Wet tissue for cleaning the body
- Photo of your pet

If you have a baby
- The elderly
- Reading glasses
- Household medicine
- Dentures, cleaner
- Diapers
- Soundless toys
- Baby sling
- Baby wipes
- Baby food
- Mother and child health handbook
- Medical diary and description
- Hearing aid, spare batteries

POINT

* Prepare formula and disposable bottles (paper cups) and breastfeeding pads if you have a baby.
What you need

You need to add your personal needs to your emergency supplies. Check what you need.

### Women

- □ Dressing goods
  - (Mirror, hair elastic, lotion, moisture cream, cosmetics, etc.)
- □ Sanitary goods
- □ Crime prevention buzzer or whistle

### The elderly

- □ Reading glasses
- □ Household medicine
- □ Dentures, cleaner
- □ Medical diary and description
- □ Hearing aid, spare batteries

### If you have a baby

- □ Diapers
- □ Soundless toys
- □ Baby sling
- □ Baby wipes
- □ Baby food
- □ Mother and child health handbook

* Prepare formula and disposable bottles (paper cups) and breastfeeding pads if you have a baby.

### If you have a pet

- □ Leash, collar, cage
- □ Toilet sheets
- □ Record of vaccination
- □ Pet food, water, plate
- □ Wet tissue for cleaning the body
- □ Photo of your pet

---

Your usual mother’s bag will be a bag for taking emergency supplies for your baby at the time of a disaster. When you come home, replace used items with new ones.
Weight of emergency supplies

You may have to carry an emergency bag walking on the streets with debris or other things. Try not to make the bag too heavy. The backpack type is recommended so that both hands are free and easy to balance.

Where to place emergency supplies

Place emergency supplies at a few places where you can easily take them out immediately after or before a disaster such as the entrance, living room, bedroom, and workplace.

Prepare something that relaxes you

Other than emergency supplies, “something that relaxes you,” such as snacks, portable game players, accessories, and novels, will soothe you at the time of a disaster.
Stockpile of Shinagawa city

Based on the community disaster prevention plan in Shinagawa city, we have stored necessary materials such as provisions, water, and daily necessities. Regarding provisions, according to the division of roles in the (Tokyo) prefecture and cities, we have stored about 500,000 meals including instant rice and biscuits in Shinagawa ward. Regarding water to drink, we have secured water tanks and PET bottles of water in addition to 4,600 m³ (4,600,000 L) of water in 4 emergency cisterns on the assumption that a person needs 3 liters of water per day to maintain resident’s life.

- 23 storehouses for disaster prevention (as of March 2018)
- 52 storehouses at evacuation shelter for ward residents such as municipal elementary schools and junior high schools

The stockpile for each evacuation shelter for ward residents is as below. There is a limited number of goods. Please store goods for emergency at each household.

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instant rice, biscuits</td>
<td>3,000</td>
</tr>
<tr>
<td>Plum porridge</td>
<td>150</td>
</tr>
<tr>
<td>Food edible for people with allergies</td>
<td>100</td>
</tr>
<tr>
<td>Pickled plum</td>
<td>9kg</td>
</tr>
<tr>
<td>Water to drink</td>
<td>1,800L</td>
</tr>
<tr>
<td>Formula (including formula for an allergic baby)</td>
<td>26</td>
</tr>
<tr>
<td>Pot and cooking stove set</td>
<td>2 pairs</td>
</tr>
<tr>
<td>LP gas burner</td>
<td>1</td>
</tr>
<tr>
<td>Solid fuel</td>
<td>72</td>
</tr>
<tr>
<td>Water container (20 L)</td>
<td>30</td>
</tr>
<tr>
<td>Filtering machine</td>
<td>1</td>
</tr>
<tr>
<td>Cutoff device for a water tank</td>
<td>1</td>
</tr>
<tr>
<td>Emergency power generator</td>
<td>1</td>
</tr>
<tr>
<td>Temporary public phones</td>
<td>5</td>
</tr>
<tr>
<td>Tub for temporary toilet</td>
<td>5-12</td>
</tr>
<tr>
<td>Rescue set</td>
<td>1</td>
</tr>
<tr>
<td>Portable storage batteries for solar panels</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blanket</td>
<td>500</td>
</tr>
<tr>
<td>Air mat</td>
<td>100</td>
</tr>
<tr>
<td>Waterproof sheet</td>
<td>50</td>
</tr>
<tr>
<td>Temporary toilet</td>
<td>5</td>
</tr>
<tr>
<td>Support for a western-style toilet</td>
<td>5</td>
</tr>
<tr>
<td>Collapsible toilet</td>
<td>100times</td>
</tr>
<tr>
<td>Portable toilet set</td>
<td>5,000times</td>
</tr>
<tr>
<td>Toilet paper</td>
<td>100roles</td>
</tr>
<tr>
<td>Diapers etc.</td>
<td>1,500</td>
</tr>
<tr>
<td>Sanitary goods</td>
<td>120</td>
</tr>
<tr>
<td>Medical mini-set</td>
<td>2</td>
</tr>
<tr>
<td>Medical equipment set</td>
<td>1</td>
</tr>
<tr>
<td>Hand sanitizer</td>
<td>60-120</td>
</tr>
<tr>
<td>Lantern</td>
<td>10</td>
</tr>
</tbody>
</table>

* Only for first-aid stations at school

- 4 emergency cisterns for disaster measures
  Rinshi-no-mori Park, Togoshi Park, Shioji Park, Yashio High School
Let’s learn
1 Emergency first aid

First aid procedure

If bleeding heavily (blood is spouting)
Call 119.

Stop the bleeding if possible.

Discovering the injured

Securing the safety of the surroundings

Observing the entire body of the injured

Tap the shoulder and call out, “Are you OK?”

If no response

If conscious

Ask the people around for help

Observe carefully.

Check for breathing.

Administer first aid

Check whether the patient is breathing normally.

No

Yes

Immediate chest compressions

Secure airway by placing the casualty in the recovery position.

Able to do artificial respiration?

Watch carefully.

No*

Yes

Keep administering chest compressions

Administer artificial respiration.
Repeat 30 chest compressions and 2 breaths (artificial respiration).

Place the AED and use it.

If an AED arrives

Continue until a rescue worker takes over or the patient shows signs of breathing or trying to do something.

Hand over to rescue workers.

*Unable to administer artificial respiration
- Never had training on artificial respiration
- No mouthpiece for artificial respiration
- Can be infected with blood or vomit
First aid

If a casualty is conscious and is not heavily bleeding, administer first aid. Don’t touch a wound or blood with your bare finger. Wear plastic bags as gloves.

Bleeding

- Apply a clean towel or gauze to the wound and press the wound site with hands.
- Raise the wound site above the heart as much as you can.
  
  * Although there are other methods to stop bleeding such as using a tourniquet or pressing the joints, for which special knowledge is required.

Bone fracture

- Put a splint on the broken area and fix together with both joints of the broken bone.
- If you don’t have a splint, use a board, umbrella, or cane.

Burn

- Cool the burn with running water as soon as possible.
- If running water gives too much stimulation, put water in a wash basin and cool the burn in it.
- Don’t try to remove the clothes. Cool down the burn through the clothes.
- If the burn covers a large body area, cool the area with a hose as quickly as possible. If the air temperature is low or the burn victim is an infant, pay close attention to prevent hypothermia (very low body temperature).
Recovery position

The position to secure the airway by lifting the chin of a casualty. Stabilize the body with the bent leg. Gently turn the face toward the ground so that any vomit would not cause the casualty to choke.

If the casualty is conscious, ask him/her about a more comfortable position for him/her.

3 Cardiopulmonary resuscitation

When you observe the chest or abdomen of the casualty and find no breathing, start cardiopulmonary resuscitation.

Chest compressions

If the heart stops and cannot send blood to the body, you need to play the role of a pump. Keep administering chest compressions by taking turns with the people around you.

1 Lay the casualty on firm ground.

2 Place your hands on the middle of the chest.

Place one hand on the chest bone in the middle of the chest, then place the other hand on top of the first hand, and put force on the heel of the hand.
Let's learn Chapter 4

Emergency first aid

The position to secure the airway by lifting the chin of a casualty. Stabilize the body with the bent leg. Gently turn the face toward the ground so that any vomit would not cause the casualty to choke.

Recovery position

If the casualty is conscious, ask him/her about a more comfortable position for him/her.

When you observe the chest or abdomen of the casualty and find no breathing, start cardiopulmonary resuscitation.

Cardiopulmonary resuscitation

Lay the casualty on firm ground.

If the heart stops and cannot send blood to the body, you need to play the role of a pump. Keep administering chest compressions by taking turns with the people around you.

Chest compressions

Place one hand on the chest bone in the middle of the chest, then place the other hand on top of the first hand, and put force on the heel of the hand. Place your hands on the middle of the chest. Keep your elbows straight and push down hard approximately 5 cm at a rate of 100 to 120 compressions a minute.

Use your body weight to vertically press the chest.

Rescue breathing in which air is blown from the first-aid giver’s mouth to the lung of the casualty who is not breathing or whose breathing is shallow.

Mouth-to-mouth resuscitation

Tilt the head backward by pulling the chin upward.

Secure the airway

Give a rescue breath that lasts one second.

Give breaths.

Take your mouth off. If the chest rises, give another breath.

Watch if the chest rises and give another breath.

* If you do not have a mouthpiece for mouth-to-mouth resuscitation or you are hesitant to do it, repeat chest compressions without doing mouth-to-mouth resuscitation.

Repeat “30 chest compressions and 2 mouth-to-mouth breaths”.

If you combine chest compressions with mouth-to-mouth resuscitation

Secure the airway

Give breaths.

Watch if the chest rises and give another breath.

If you combine chest compressions with mouth-to-mouth resuscitation

● Repeat “30 chest compressions and 2 mouth-to-mouth breaths”.

If you combine chest compressions with mouth-to-mouth resuscitation

● Repeat “30 chest compressions and 2 mouth-to-mouth breaths”.

If you combine chest compressions with mouth-to-mouth resuscitation
How to use an AED (automated external defibrillator)

The AED is a medical device that delivers an electrical shock to help the heart re-establish an effective rhythm. An electrocardiographic analyzing system contained in the AED will give voice instructions, so use the AED according to the instructions.

1. **Turn on the power.**
   Some types of AED automatically turn on when you open the lid.

2. **Attach the AED pads on the chest.**
   As the picture on the pads shows, attach the pads firmly to the skin of the chest. Wipe the chest if the body is damp due to sweat etc.

3. **Wait until you know the results of the electrocardiographic analyzing system.**
   The AED will analyze the electrocardiogram and decide the necessity of an electric shock. Do not touch the casualty during the analysis.

4. **[When giving a shock] Press the “Shock” button**
   Stay away from the casualty and confirm that no one is touching him/her, and then press “Shock.”

5. **Follow the instruction of the AED.**
   Follow the instruction of the AED afterward.
   
   * You can check where AEDs are installed on the website of Shinagawa City.

**If the casualty responds such as he/she groans**

- Stop cardiopulmonary resuscitation and place the casualty in the recovery position.

**If the AED decides not to give an electric shock**

- If the results of the electrocardiogram by the AED show that an electric shock will not be effective for the casualty, the system decides not to give an electric shock.
- In that case, instead of giving an electric shock, administer chest compressions.
Let's learn Chapter 4

Emergency first aid

- If the casualty responds such as he/she groans, turn on the power of the AED.

- In the case where the electrocardiogram by the AED shows that an electric shock will not be effective for the casualty, the system decides not to give an electric shock. In that case, instead of giving an electric shock, administer chest compressions.

How to use an AED (Automated External Defibrillator)

1. Some types of AED automatically turn on when you open the lid.
2. As the picture on the pads shows, attach the pads firmly to the skin of the chest. Wipe the chest if the body is damp due to sweat etc.
3. The AED will analyze the electrocardiogram and decide the necessity of an electric shock. Do not touch the casualty during the analysis.
4. Wait until you know the results of the electrocardiographic analyzing system.
5. Stay away from the casualty and confirm that no one is touching him/her, and then press “Shock.”

[When giving a shock] Press the “Shock” button.

- You can check where AEDs are installed on the website of Shinagawa City.

Medical relief system

In Shinagawa City, we will respond to the casualties at the time of disaster by establishing emergency medical relief centers and school medical relief centers in cooperation with healthcare institutions.

* When a major disaster occurs, healthcare workers at clinics will be engaged in relief activities at emergency medical relief centers. Thus, many clinics will be closed.

Emergency medical relief centers (7)

A total of 7 emergency medical relief centers will be established in front of hospitals to secure the medical functions of hospitals where many casualties are supposed to rush. Triage* will be performed on the casualties and first aid will be given to the people with mild injuries.

* Triage: the assignment of degrees of urgency to wounds to decide the order of treatment of a large number of casualties.

School medical relief centers (13)

At a school medical relief center, healthcare workers will treat casualties and manage the health of disaster victims until the community medicine recovers.

* They will be established considering the damage to schools.

Hospitals (addresses)

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dai-3 Kita-shinagawa Hospital</td>
<td>3-3-7 Kita-shinagawa</td>
</tr>
<tr>
<td>Shinagawa Rehabilitation Hospital</td>
<td>5-2-1 Kita-shinagawa</td>
</tr>
<tr>
<td>Kanto Medical Center NTT EC</td>
<td>5-9-22 Higashi-gotanda</td>
</tr>
<tr>
<td>Tokyo Shinagawa Hospital</td>
<td>6-3-22 Higashi-Oi</td>
</tr>
<tr>
<td>Showa University Hospital</td>
<td>1-5-8 Hatanodai</td>
</tr>
<tr>
<td>Hatanodai Hospital</td>
<td>5-17-16 Hatanodai</td>
</tr>
<tr>
<td>Higashi Hospital of Showa University Hospital</td>
<td>2-14-19 Nishi-nakanobu</td>
</tr>
</tbody>
</table>

School etc. (address)

<table>
<thead>
<tr>
<th>School</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shinagawa Gakuen</td>
<td>3-9-30 Kita-shinagawa</td>
</tr>
<tr>
<td>Jonan Elementary School</td>
<td>2-8-21 Minami-shinagawa</td>
</tr>
<tr>
<td>Dai-1Hino Elementary School</td>
<td>6-5-32 Nishi-gotanda</td>
</tr>
<tr>
<td>Mitsugi Elementary School</td>
<td>3-16-28 Nishi-shinagawa</td>
</tr>
<tr>
<td>Hamakawa Junior High School</td>
<td>3-18-34 Higashi-oi</td>
</tr>
<tr>
<td>Yamanaka Elementary School</td>
<td>3-7-19 Oi</td>
</tr>
<tr>
<td>Welcome Center Hara</td>
<td>2-5-21 Nishi-oi</td>
</tr>
<tr>
<td>Dai-2 Enzan Elementary School</td>
<td>1-6-1 Hatanodai</td>
</tr>
<tr>
<td>Keiyo Elementary School</td>
<td>2-19-20 Hiratsuka</td>
</tr>
<tr>
<td>Genjimae Elementary School</td>
<td>6-2-18 Nakanobu</td>
</tr>
<tr>
<td>Hoyonomori Gakuen</td>
<td>1-3-40 Futaba</td>
</tr>
<tr>
<td>Yashio Gakuen</td>
<td>5-11-2 Yashio</td>
</tr>
</tbody>
</table>

* About 1 week
* About 1 month
* About 2 months
2 First aid fire fighting

If you can extinguish a fire while it is small, the damage will be minimal. It is important to install a fire extinguisher and learn how to use it. Learn other ways to extinguish a fire just in case.

Basic

- Shout, “Fire!” to notify the people in the surroundings.
- Call 119 and report the place of a fire and its status.
- If you feel it is dangerous, evacuate quickly.

How to use a fire extinguisher

Using a fire extinguisher is a basic of first-aid fire fighting. Let’s learn how to use it correctly.

1. Pull out the safety pin.
   Bring a fire extinguisher near the place of the fire and place it on the ground. Pull out the safety pin from the top.

2. Release the hose and direct it at the fire.
   Release the hose, hold the end, and direct the hose at the fire.

3. Squeeze the handle to release the extinguishing agent.
   Squeeze the handle and release the extinguishing agent. Crouch down and target the nozzle at the fire source.

4. Confirm that the fire has been put out.
   Even if you think you have put out the fire, it may reflash or reignite. Make sure that the fire has been completely extinguished.

See page 87 for the purchase of fire extinguishers.
Pot for deep frying

- Don’t use water to put out the fire. High temperature oil may spatter and will be dangerous.
- Put out the fire with a fire extinguisher or aerosol-type disposable fire extinguisher.
- After putting out the fire, put a lid on the pot, close the main gas valve, and wait until the temperature of the oil decreases.

Clothes

- Spray water on the clothes to put out the fire.
- If you don’t have water nearby, fall down onto the ground and roll over to put out the fire.

Electrical appliances

- Don’t use water to put out the fire. You may get electrocuted.
- Pull the cord from the outlet, and use a fire extinguisher for electrical fires.
- Switch off the breaker before extinguishing the fire if possible.

Let’s go to the experience hall!

At the Shinagawa Disaster Prevention Experience Hall at the city office, you can learn the first aid fire fighting and emergency relief by actually trying various things yourself. Learn emergency responses with your family for times of disaster.

See page 84 for the Shinagawa Disaster Prevention Experience Hall.
In other disasters, what should you do?
Heavy rain is expected./
It is raining heavily.

Page 70

If other disasters occur
Page 80
Heavy rain is expected.

Storm and flood damage can be forecast. Gain information on weather, typhoons, and evacuation and prepare for them.

Pay attention to the information

1 Heavy rain is expected.
It is raining heavily.
Storm and flood damage can be forecast. Gain information on weather, typhoons, and evacuation and prepare for them.

Heavy rain is expected. Prepare for a disaster.

In other disasters, what should you do?

Chapter 5

2 Prepare for a disaster

Page 74

3 Evacuate early

Page 76
Heavy rain is expected./It is raining heavily.

1 Pay attention to the information

If the Meteorological Agency announces information, you need to check the latest information on strong winds or heavy rain and evacuation information issued by the City.

Collect and understand information

Pay attention to “severe weather preparation” issued by the Meteorological Agency or “information on evacuation” issued by the City. Keep obtaining and confirming the latest information and act according to them.

Severe weather preparation (issued by the Meteorological Agency)

There are 6 types of special warnings, 7 types of warnings, and 16 types of advisories according to the phenomena and the details of disasters.

<table>
<thead>
<tr>
<th>Type of information</th>
<th>Time of issuance</th>
<th>Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special warning</td>
<td>When a serious disaster is very likely to occur.</td>
<td>Heavy rain (landslide, flood), storm, blizzard, heavy snow, waves, high tide</td>
</tr>
<tr>
<td>Warning</td>
<td>When a serious disaster may occur.</td>
<td>Heavy rain (landslide, flood), flooding, storm, blizzard, heavy snow, waves, high tide</td>
</tr>
<tr>
<td>Advisory</td>
<td>When a disaster may occur.</td>
<td>16 types including heavy rain, flood, strong winds, high tide, and thunder</td>
</tr>
</tbody>
</table>

Information on the danger of disaster

In addition to advisories and warnings, the following information will be announced if storm or flood may occur.

- **Landslide disaster warning information**
  It is issued to inform the public that the risk of landslide is increasing when a heavy rain warning (landslide disaster) has been already issued.

- **Information on record-breaking heavy rain in a short period of time**
  It is issued to inform the public that the amount of rain is extraordinary to such an extent that it has rarely been observed in the past and may cause landslides or flood when a heavy rain warning has been already issued.
**Information on evacuation (issued by Shinagawa City)**

When a disaster is very likely to occur, information on evacuation will be issued indicating the area to be evacuated. If it is issued, evacuate quickly.

<table>
<thead>
<tr>
<th>Type of information</th>
<th>Time of issuance</th>
<th>Evacuation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evacuation instruction (emergency)</td>
<td>When the situation worsens such that the occurrence of a disaster and human damage is very likely to be expected.</td>
<td>• If you have not evacuated yet, immediately evacuate to an evacuation area. • If you may be exposed to danger by going out, evacuate to a nearby safe place or safer place in your house.</td>
</tr>
<tr>
<td>Evacuation recommendation</td>
<td>When damage due to a disaster is expected and the risk of human damage is increasing.</td>
<td>• Quickly evacuate to an evacuation area. • If you may be exposed to danger by going out, evacuate to a nearby safe place or safer place in your house.</td>
</tr>
<tr>
<td>Evacuation preparation/ Starting to evacuate the elderly</td>
<td>When an evacuation recommendation or evacuation instruction (emergency) is expected to be issued.</td>
<td>• Those who need more time to evacuate (the elderly, people with disabilities, infants, etc.) and their helpers should start evacuating. • Other people should prepare for evacuation.</td>
</tr>
</tbody>
</table>

* The instructions are not always issued in this order.

---

**Conveying information with the siren**

If the water levels of the Meguro River and Tachiai River rise and reach the warning or dangerous water level, the residents will be notified with a siren.

**Warning water level**

“The water level of the Meguro River (Tachiai River) has exceeded the warning level. The siren will be sounded.” (Repeat) Please be careful.

<table>
<thead>
<tr>
<th>15-second siren</th>
<th>5-second interval</th>
<th>15-second siren</th>
<th>5-second interval</th>
<th>15-second siren</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Woo</strong></td>
<td><strong>Woo</strong></td>
<td><strong>Woo</strong></td>
<td><strong>Woo</strong></td>
<td><strong>Woo</strong></td>
</tr>
<tr>
<td>3 times</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Dangerous water level**

“The water level of the Meguro River (Tachiai River) has exceeded the dangerous level. The siren will be sounded.” (Repeat) Please be careful.

<table>
<thead>
<tr>
<th>60-second siren</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wo</strong></td>
</tr>
<tr>
<td>1 time</td>
</tr>
</tbody>
</table>
Prepare for a disaster

Get prepared early before the situation worsens while paying close attention to weather information.

**Basic**
- Check whether your home is safe in advance.
- If you are safe in your house, do not go out if it is not absolutely important or urgent.
- Get prepared before rain and wind get stronger to prevent damage.
- Stay away from dangerous places or don’t go near such places.

- Move flowerpots, clothes-drying poles, and other objects indoors.
- Close shutters to protect window glass.
- Close curtains to prevent broken glass from scattering.
- Take off the cover of any bicycle or motorbike and move it indoors.
- Remove leaves etc. in the drainage ditch or gutters for smooth drainage.

Heavy rain is expected./It is raining heavily.

Heavy rain is expected./It is raining heavily.

Heavy rain is expected./It is raining heavily.

In other disasters, what should you do?

Chapter 5

In other disasters, what should you do?

Chapter 5
**If you are outdoors**

- Move to a safe place and assume that billboards and roof tiles may be blown away or trees or electric poles may fall down.

- Don't get close to conduits or drainage ditches. They may be dangerous due to the increase in water volume.
- Mind your steps. The lids of utility holes may become loose.

**If you are underground**

- Once water flows, it will be difficult to move. So, move to a safe place on the ground before you feel any danger.
- Place sandbags or water stop boards to prevent water from flowing into the underground space.

* Sandbags are set at about 50 places, mainly along the Meguro River and the Tachiai River. The places can be checked on the website of Shinagawa City.

**If you are near the sea or river**

- Move away from the place as soon as possible so as not to be blown off and fall into the sea or river.

- Move away from the river as soon as possible. The water may rapidly increase downstream due to the heavy rain upstream.
- If you hear the warning siren, evacuate quickly.

---

See page 87 for the aid for installation of water stop boards.
Heavy rain is expected./It is raining heavily.

Evacuate early

If the danger of disaster is increasing or you feel danger, evacuate with the awareness of the need to protect your life yourself.

Basic
- If you feel danger, evacuate at your own decision.
- Evacuate early so that the opportunity to do so is not lost, such as when the storm is in progress or at night.
- Evacuate to a safer place considering that an unexpectedly extreme phenomenon may occur.

Places to evacuate

Places to evacuate differ depending on the situation such as the existence of the danger of flooding of the river and landslide. If information on evacuation is issued, evacuate as quickly as possible.

- Evacuate to the nearest evacuation area early.
- If it is dangerous to move to the evacuation area, evacuate to a safe place in your neighborhood.
- If it is dangerous to evacuate to a safe place in your neighborhood, secure safety in the building.

When strong low pressure approaches due to a typhoon, the sea level as well as waves rises. This phenomenon is called high tide. High tide occurring at full flood may cause damage.

If there is a danger of high tide, evacuate to evacuation area. If it is dangerous to evacuate to evacuation area, evacuate to a safe place in the neighborhood or to a higher place in the building. High tide is likely to occur around the Tachiai River for a long time, so particular attention should be paid.

If the area may be affected by high tide
Will your house be exposed to water?

Check whether there is an area that may be exposed to water around your house and write it down the place to evacuate.

Flooding: Yes / No

* If yes, the depth of water: m

Danger of being exposed to water due to flooding of the river

Places to evacuate to

- Evacuate to the nearest evacuation area early.
- If it is dangerous to move to the evacuation area, evacuate to "evacuate vertically" in the building.
- Evacuate to the nearest evacuation area early.
- If it is dangerous to move to the evacuation area, evacuate to a safe place in your neighborhood.
- If it is dangerous to evacuate to a safe place in your neighborhood, secure safety in the building.

NOTE!
See the disaster prevention map > High tide flood hazard map.
See the disaster prevention map > Flood hazard map.
See the disaster prevention map > Tama River flood hazard map.
If you live in an area that may be exposed to water

- Evacuate to the nearest evacuation area early.
- If it is dangerous to move to the evacuation area, evacuate to “evacuate vertically” in the building.

\NOTE!

Will your house be exposed to water?

Check whether there is an area that may be exposed to water around your house and write it down the place to evacuate.

See the disaster prevention map > Flood hazard map.
See the disaster prevention map > Tama River flood hazard map.

<table>
<thead>
<tr>
<th>Danger of being exposed to water due to flooding of the river</th>
<th>Flooding: Yes / No</th>
</tr>
</thead>
<tbody>
<tr>
<td>* If yes, the depth of water: ____ m</td>
<td></td>
</tr>
<tr>
<td>Places to evacuate to</td>
<td></td>
</tr>
</tbody>
</table>

If the area may be affected by high tide

When strong low pressure approaches due to a typhoon, the sea level as well as waves rises. This phenomenon is called high tide. High tide occurring at full flood may cause damage.

If there is a danger of high tide, evacuate to evacuation area. If it is dangerous to evacuate to evacuation area, evacuate to a safe place in the neighborhood or to a higher place in the building. High tide is likely to occur around the Tachiai River for a long time, so particular attention should be paid.

See the disaster prevention map > High tide flood hazard map.
If you live in an area that may be exposed to landslide.

- If you live in the landslide caution area, evacuate to the designated evacuation shelter for residents.
- Moving in the strong wind and rain may cause danger. Start evacuation as early as possible.
- If it is dangerous to move to the designated evacuation shelter for residents, evacuate to a safe building in the neighborhood or a safe place in your house as early as possible.

**[6 landslide caution areas]**

<table>
<thead>
<tr>
<th>Area subject to evacuation</th>
<th>Designated evacuation shelter for residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>① 1-5-15 (part of 13, 58, and 59) Kamiosaki</td>
<td>Dai-3 Hino Elementary School</td>
</tr>
<tr>
<td>② 3-10-21, 22 (part of 20, 25, 53, and 59) Kamiosaki</td>
<td>Dai-3 Hino Elementary School</td>
</tr>
<tr>
<td>③ 3-16-23 to 40, 46 to 53 Higashigotanda</td>
<td>Hino Gakuen</td>
</tr>
<tr>
<td>④ 5-11 (part of 14 to 16, 18, and 19) Kitashinagawa</td>
<td>Gotenyama Elementary School</td>
</tr>
<tr>
<td>⑤ 4-9 (part of 4) Kitashinagawa</td>
<td>Gotenyama Elementary School</td>
</tr>
<tr>
<td>⑥ 3-7-15, 17 (part of 21) Kitashinagawa</td>
<td>Shinagawa Gakuen</td>
</tr>
</tbody>
</table>

* Contact the Architecture and Buildings Section (03-5742-9172) for details.
If you feel danger, evacuate voluntarily even before the evacuation recommendation announcement.

\NOTE

**Danger of landslides**

Check whether there is any place that is exposed to landslide around your house, and write down the place to evacuate to.

<table>
<thead>
<tr>
<th>Danger of landslide</th>
<th>Danger: Yes / No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Designated evacuation shelter for residents</td>
<td></td>
</tr>
</tbody>
</table>

**For the residents who own precipitous land**

Please check and maintain the land on a regular basis to prevent a landslide.

- Protect the slope by planting lawn grass on the precipitous surface.
- Remove fallen leaves in the drainage ditch above the precipitous land.
- Inspect cracks on the precipitous land or on the painted surfaces of the upper part of the retaining walls.
- Clean the drain holes of the retaining walls.
- Repair damaged parts of the retaining walls.

See page 87 for the support for the safety of precipitous land and retaining walls.
1 Disaster of thunder/tornado

Thunder or tornado causes great damage in a short period of time. Pay close attention to thunder advisory or tornado advisory information as well as the weather forecast and movement of the clouds.

Securing safety

If there is danger of thunder or tornado, secure safety immediately.

- Evacuate to a safe place such as a solid building or vehicle.
- If you are in an open area, stay away from any electric pole or tall tree.
- Keep yourself as low as possible, and keep your belongings lower than your body.

- Protect yourself in a room without windows in a solid building.
- Close the shutters, windows, and curtains and stay away from windows.
- Stay away from prefabricated temporary buildings or big trees since they may fall down or be blown away.

2 Volcanic Disaster

The eruption of a volcano causes cinder, pyroclastic flow, and volcanic mudflow. In Shinagawa City, 2 to 10 cm of ash fall is expected when Mt. Fuji erupts.

Response to ash fall

When a volcano erupts, take measures against ash fall.

- Wear a mask to prevent inhaling ash.
- Take off contact lenses and wear glasses.
- Protect your skin from falling ash.
3 Large-scale accident

Other than natural disasters, large-scale accidents may occur such as large-scale fires, hazardous material accidents, or large-scale airplane and train accidents.

4 Armed attack

Other than natural disasters and accidents, disasters may be caused by an armed attack such as a ballistic missile or an air attack. Evacuate as quickly as possible.

Securing safety

If a missile may fall in Japan, the residents will be given emergency information through the government emergency radio system for disaster prevention or through emergency email.

- Evacuate to a nearby solid building or underground.
- If there is no building in the surrounding area, stay behind some object or lie down on the ground and protect your head.
- If you are in a building, stay away from windows or move to a room without windows.

If a missile hits the ground

- If you are inside a building, cover your nose and mouth with a handkerchief, quickly move from the site, and evacuate inside a well-sealed room or move windward.
- If you are inside a room, stop any ventilators, close the windows, and seal the room with weather strip tape.

J-ALERT (nationwide warning system)

The government delivers information such as on a ballistic missile, earthquake, and tsunami with little time for you to cope. The information will automatically activate the government emergency radio system for disaster prevention in Shinagawa City through a satellite, and the information will be instantly conveyed with a siren or voice.
Let’s use...
Efforts of the city
Page 84

Contact information of related institutions
Page 89
1 Efforts of the city

Learn and master

Participate in seminars and drills to acquire knowledge and master response methods.

Shinagawa Disaster Prevention School

Five courses are provided: “resident organizations for disaster prevention”, “business offices”, “homes and residents”, “disaster prevention cafés”, and “practices in the community”. Through various lectures and hands-on activities, participants can acquire knowledge and techniques regarding disaster prevention and will be developed to become “Shinagawa disaster prevention leaders” tasked with improving the capabilities of disaster prevention in the community.

Shinagawa Disaster Prevention Experience Hall

It was renovated as a facility for hands-on activities and opened in March 2016. There are 7 activity booths: the disaster prevention exhibition, first-aid fire fighting, emergency relief, evacuation guidance for people who need special consideration, evacuation posture, virtual reality (VR) of disaster prevention, and the theater/workshop room. The participants can actually discharge water with a standpipe and indoor fire hydrant.

Shinagawa Disaster Prevention Experience Hall        /       03-5742-9098
(2nd floor of Shinagawa City Office Disaster Prevention Center)
Open hours: 9:00-17:00; Closed on Mondays, Saturdays, national holidays, and New Year holidays
Disaster Prevention Drill for each district

A disaster prevention drill is carried out in cooperation with the disaster prevention council of each district between September and November every year. Through the drills, the participants learn emergency responses such as emergency relief activities and first aid fire fighting.

![Rescuing a person from a collapsed house](image1)
![Simultaneous water discharge](image2)

Disaster Prevention Class
(earthquake simulation car, smoke tent drill)

The class is provided at nurseries, kindergartens, elementary schools, junior high schools, community associations/neighborhood community associations, and business offices using an earthquake simulation car and smoke tent.

![Earthquake simulation car](image3)

Simultaneous disaster prevention drills in the city
(drills at evacuation shelter)

In December every year, a drill on establishing and operating an evacuation shelter for residents is conducted simultaneously in each community on the assumption of occurrence of a major earthquake. At some evacuation shelter, their own drills are conducted in addition to the simultaneous drills in the city.

![Preparing a registry](image4)

Disaster Prevention Section 03-5742-6696; FAX 03-3777-1181
2 Aid for each household

Support project for the safety of concrete-block walls

The city supports a part of the construction expenses for safety such as removing dangerous concrete-block walls, stone walls, and brick walls along the streets.

Architecture and Building Section 03-5742-9172 FAX 03-5742-6898

Support project for planting trees in towns

The city supports a part of the expenses for planting hedges or planting, or building curbs or fences.

Park Section 03-5742-6799 FAX 03-5742-9127

Support project for earthquake resistance of houses and buildings

The city supports a part of the expenses for seismic evaluation and seismic repair of houses to which the old seismic code* was applied. (There are conditions. Make inquiries for more details.)

1 Free simplified evaluation

The city will send registered architects with a first-class license to the houses of applicants. The architects will make a quick investigation of the seismic performance of the houses and give advice for seismic resistance.

2 Aid for seismic evaluation

The inside structure of a house is checked to evaluate the seismic performance of the house. A part of the expenses will be supported.

3 Aid for the design for the reinforcement of seismic resistance

If the house is evaluated as “very likely to collapse due to an earthquake” according to the results of the evaluation, a part of the expenses for reinforcement design will be supported.

4 Aid for repair work for seismic resistance

If the house is evaluated as “very likely to collapse due to an earthquake” according to the results of the evaluation, a part of the expenses for seismic resistance repair or demolishing work will be supported.

* The building standard before May 31, 1981 (rather vulnerable to earthquakes)

Architecture and Building Section 03-5742-6634 FAX 03-5742-6898
Aid for installing an earthquake-resistant shelter

The city supports the expenses for installing “Shinagawa shelters,” which secure space to protect lives for wooden houses where the old seismic code was applied and elderly people or people with disabilities live.

Architecture and Building Section 03-5742-6634 FAX 03-5742-6898

Support project for the safety of precipitous land and retaining walls

An advisor is dispatched for the safety of precipitous land and its retaining walls, and part of the expenses for renovation is supported.

Architecture and Building Section 03-5742-9172 FAX 03-5742-6898

Aid for the installation of devices that prevent furniture from tipping over

Contractors who install devices that prevent furniture from tipping over are introduced, and the expenses for installation are supported.

Housing Section 03-5742-6776 FAX 03-5742-6963

Aid for the elderly who purchase and install devices that prevent furniture from tipping over

The expenses for purchasing and installing devices that prevent furniture from tipping over are supported for households of the elderly aged 65 years or higher, care recipients, or people with disabilities.

Community Support for Elderly Section 03-5742-6735 FAX 03-5742-6882

Purchase of disaster prevention goods

Purchase of easy-to-use toilets, water, and ready-to-eat rice will be arranged.

Disaster Prevention Section 03-5742-6696 FAX 03-3777-1181

Purchase of fire extinguisher and agent refill

Purchase of home fire extinguisher and agent refill will be arranged.

Disaster Prevention Section 03-5742-6696 FAX 03-3777-1181

Aid for installing a quake-sensitive breaker

Part of the expenses for installing a quake-sensitive breaker is supported for people who live in the fireproof special area designated by the Tokyo Metropolitan Government among areas congested with wooden houses.

Disaster Prevention Section 03-5742-6696 FAX 03-3777-1181

Aid for installing water prevention boards or a rainwater tank.

The city supports part of the expenses for purchasing and installing water prevention boards or rainwater tanks for houses and stores.

River and Sewerage Section 03-5742-6794 FAX 03-5742-6887
Support for the community/condominium

Support for fireproof areas congested with wooden houses

In the areas congested with old houses, the city is proceeding with the project of building an earthquake-resistant city such as improving disaster prevention squares and community roads, and supporting demolishing old houses.

Projects

- Project of promoting the improvement of the towns with congested houses
- Project of promoting disaster prevention living areas
- Project of promoting disaster prevention and fireproof of the city
- Project of improving disaster prevention towns
- Project of reinforcing the functions of evacuation roads

Shinagawa City is proceeding with the project in cooperation with the Tokyo Metropolitan Government. In the project, countermeasure facilities for flooding in the basins of the Meguro River and Tachiai River are being improved and old sewerage pipes are being repaired.

Projects

- Project of improving the storm drainage of the Tachiai River
- Project of repairing old sewerage pipes
- The second project of improving Togoshi main line

Improvement of areas congested with wooden houses

Shinagawa City supports disaster prevention activities in the communities such as establishing a system in which resident organizations for disaster prevention can help people who need assistance during evacuation or cooperating with them to carry out disaster prevention drills.

Supporting activities of resident organizations for disaster prevention

Shinagawa City supports disaster prevention activities in the communities such as establishing a system in which resident organizations for disaster prevention can help people who need assistance during evacuation or cooperating with them to carry out disaster prevention drills.

Register in a list of people who need support

Shinagawa City is preparing a registry of people who have difficulty evacuating by themselves such as the elderly and people with disabilities and will use the registry to establish a support system in the community. Please register your name in the list.

Support for disaster prevention in condominiums

Shinagawa City sends condominium disaster prevention advisors to condominiums in the city and supports the planning and implementation of disaster prevention drills. Regarding the disaster prevention measures for high-rise condominiums, the city distributes guidance for management associations and a handbook for residents.
Supporting activities of resident organizations for disaster prevention

Shinagawa City supports disaster prevention activities in the communities such as establishing a system in which resident organizations for disaster prevention can help people who need assistance during evacuation or cooperating with them to carry out disaster prevention drills.

Support for fireproof areas congested with wooden houses

In the areas congested with old houses, the city is proceeding with the project of building an earthquake-resistant city such as improving disaster prevention squares and community roads, and supporting demolishing old houses.

<table>
<thead>
<tr>
<th>Projects</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Project of promoting the improvement of the towns with congested houses</td>
</tr>
<tr>
<td>● Project of promoting disaster prevention living areas</td>
</tr>
<tr>
<td>● Project of promoting disaster prevention and fireproof of the city</td>
</tr>
<tr>
<td>● Project of improving disaster prevention towns</td>
</tr>
<tr>
<td>● 10-year fireproof city project</td>
</tr>
<tr>
<td>● Project of reinforcing the functions of evacuation roads</td>
</tr>
</tbody>
</table>

Contact information of related institutions

<table>
<thead>
<tr>
<th>Emergency contact information</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police</td>
<td>110</td>
</tr>
<tr>
<td>Fire department</td>
<td>119</td>
</tr>
<tr>
<td>Japan Coast Guard</td>
<td>118</td>
</tr>
<tr>
<td>NTT</td>
<td>171</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contact information</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shinagawa City Office</td>
<td>03-3777-1111</td>
</tr>
<tr>
<td>Tokyo Metropolitan Government</td>
<td>03-5321-1111</td>
</tr>
<tr>
<td>Fire department</td>
<td></td>
</tr>
<tr>
<td>Shinagawa fire department</td>
<td>03-3474-0119</td>
</tr>
<tr>
<td>Oi fire department</td>
<td>03-3765-0119</td>
</tr>
<tr>
<td>Ebara fire department</td>
<td>03-3786-0119</td>
</tr>
<tr>
<td>Police station</td>
<td></td>
</tr>
<tr>
<td>Shinagawa police station</td>
<td>03-3450-0110</td>
</tr>
<tr>
<td>Osaki police station</td>
<td>03-3494-0110</td>
</tr>
<tr>
<td>Oi police station</td>
<td>03-3778-0110</td>
</tr>
<tr>
<td>Ebara police station</td>
<td>03-3781-0110</td>
</tr>
<tr>
<td>Tokyo Wangan police station</td>
<td>03-3570-0110</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Contact information</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gas</td>
<td>0570-002-211</td>
</tr>
<tr>
<td>Electricity</td>
<td>0120-995-001</td>
</tr>
<tr>
<td>Water supply</td>
<td>03-5749-5573</td>
</tr>
<tr>
<td>Sewerage</td>
<td>03-5734-5031</td>
</tr>
<tr>
<td>Road</td>
<td>03-3799-6315</td>
</tr>
<tr>
<td>Telephone</td>
<td>0120-019-000</td>
</tr>
<tr>
<td>Railroad</td>
<td>050-2016-1600</td>
</tr>
</tbody>
</table>

Write down important contact information.

<table>
<thead>
<tr>
<th>Contact</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Share what you have learned from this handbook with your family and friends.
Disaster prevention cards for your family.

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of birth</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>No. of health insurance card</td>
</tr>
<tr>
<td>Blood type</td>
<td>Allergy, chronic disease, medication</td>
</tr>
<tr>
<td>Evacuation shelter for ward residents</td>
<td>Temporary evacuation area</td>
</tr>
</tbody>
</table>

**Method of safety confirmation**

| 1 | 2 | 1 | 2 |

**Emergency contact information (family, school, workplace, etc.)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address/Tel</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Name</th>
<th>Address/Tel</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Disaster prevention cards for your family.

- Name
- Date of birth
- Address
- No. of health insurance card
- Blood type
- Allergy, chronic disease, medication

Emergency contact information (family, school, workplace, etc.):

- Name
- Address/Tel
- Remarks

Evacuation shelter for ward residents

Temporary evacuation area

Method of safety confirmation:

1 2

Family meeting point

Disaster prevention card
Disaster prevention cards for your family.

<table>
<thead>
<tr>
<th>Name</th>
<th>Date of birth</th>
</tr>
</thead>
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<tr>
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**Method of safety confirmation**

| 1 | 2 | 1 | 2 |

**Emergency contact information (family, school, workplace, etc.)**

<table>
<thead>
<tr>
<th>Name</th>
<th>Address/Tel</th>
<th>Remarks</th>
</tr>
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<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Name</th>
<th>Date of birth</th>
</tr>
</thead>
<tbody>
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<td>Address</td>
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</tr>
</tbody>
</table>
品川区斡旋消火器も取扱っております。
お近くの東京都消防設備協同組合第四支部の下記組合員へ

社（店）名
㈱神谷商会
㈲後藤商会
東日工業㈱
前出工機㈱
㈲和田商会

所在地 電話番号
品川区西品川 1-28-25 3783-4882
品川区南大井 4-18-18 3762-0376
山本ビル 1F 3494-8936
品川区西五反田 2-24-9 3449-1581
五反田 N ビル 2F 3782-1885
品川区二葉 2-8-13

消火器・住宅用火災警報器のご相談ご用命は!!
(50音順)
消防用品、消防設備、消防点検の事なら何でもご相談下さい!!
取り扱い商品及び業務
・粉末・強化液・機械泡各メーカー消火器
・街かど消火ハリアー、街かど消火栓
・スタンドパイプセット
・各種防災用品
・消防用設備等点検・設計・施工

前出工機株式会社
〒141-0022 品川区東五反田 3-17-5
TEL 03-3449-1581 FAX 03-3449-1525
E-mail maedekk@kkf.biglobe.ne.jp
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お近くの東京都消防設備協同組合第四支部の下記組合員へ

品川区西品川 1-28-25　㈱神谷商会　電話番号：3783-4882
品川区南大井 4-18-18　㈲後藤商会　電話番号：3762-0376
品川区西五反田 2-24-9　東日工業㈱　電話番号：3494-8936
品川区二葉 2-8-13　㈲和田商会　電話番号：3782-1885

消防用品、消防設備、消防点検の事なら
何でもご相談下さい‼

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・粉末・強化液・機械泡各メーカー消火器
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・スタンドパイプセット
・各種防災用品
・消防用設備等点検・設計・施工
<table>
<thead>
<tr>
<th>避難所情報</th>
<th>台風や地震の際には、本園は避難所として開設いたします。</th>
</tr>
</thead>
<tbody>
<tr>
<td>営業時間</td>
<td>10:00〜17:00（入館は16:30まで）</td>
</tr>
<tr>
<td>休館日</td>
<td>火曜日（春休み・GW・夏休み・冬休み・祝日は営業）・1/1</td>
</tr>
<tr>
<td>入館料</td>
<td>入館料：大人（高校生以上）1,350円（800円）、小・中学生 600円（400円）、4才以上幼稚児 300円（200円）、シルバー（65才以上） 1,200円（700円）※品川区民は、各自住所のわかるものの提示でカッコ内の料金に。</td>
</tr>
<tr>
<td>アクセス</td>
<td>京浜急行電鉄「大森海岸駅」下車、徒歩約8分  JR京浜東北線「大井町駅」より、無料送迎バス約15分</td>
</tr>
<tr>
<td>TEL</td>
<td>03（3762）3433</td>
</tr>
</tbody>
</table>

### Shinagawa Aquarium

<table>
<thead>
<tr>
<th>場所</th>
<th>品川区勝島 3-2-1 しながわ区民公園内</th>
</tr>
</thead>
</table>

### 避難所情報

<table>
<thead>
<tr>
<th>氏名又は名称</th>
<th>株式会社サンシャインエンタープライズ</th>
</tr>
</thead>
<tbody>
<tr>
<td>事業所の名称</td>
<td>しながわ水族館</td>
</tr>
<tr>
<td>事業所の所在地</td>
<td>東京都品川区勝島三丁目2番1号</td>
</tr>
<tr>
<td>植物税業の種別及び登録番号</td>
<td>展示 12 東京展第001391号</td>
</tr>
<tr>
<td>登録年月日</td>
<td>平成19年5月11日</td>
</tr>
<tr>
<td>有効期間の末日</td>
<td>平成34年5月10日</td>
</tr>
<tr>
<td>動物取扱責任者</td>
<td>冨山昌弘</td>
</tr>
</tbody>
</table>

### 営業時間

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